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CLAIMS

- 1. Work chair, comprising a seat, supported in a heightadjustable manner by a column on a foot, and an adjustable backrest, the seat, at least in part, having a substantially 5 horizontal position, and the backrest promoting an upright position of the user's back, characterized in that the column (3) is composed of three parts (4, 5, 6) and as a result provides a two-stage adjustability for the seat height, in that 10 the seat is divided into two parts (7, 8), in such a manner that a rear section (7) is fixed and always retains the substantially horizontal position, while a front section (8) is hinged with respect to the rear section, and in that the front section (8) is secured to the column (3) in a hinged manner (11) by a rod 15 (9) secured to it in a hinged manner (10).
 - 2. Work chair according to claim 1, characterized in that the front section (8) is secured in a hinged manner, by the rod (9), to the second stage (5) of the column (3).

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- 3. Work chair according to claim 1 or 2, characterized in that the first stage of the column is dimensioned in such a way that the seat height, determined by the fixed section (7) of the seat, has an individual setting based on the lower-leg lengths encountered.
- 4. Work chair according to claim 3, characterized in that the second stage of the column, moreover, has a maximum height adjustment which gives a value of 130° for the curvature of the thigh with respect to the upright trunk.
- 5. Work chair according to one of claims 1-4, characterized in that the backrest comprises two parts (16, 16'), without support at the location of the spinal column.

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6. Work chair according to claim 5, characterized in that the backrest is provided with a passive spring system (19) which presses the backrest parts (16, 16') forwards.